

# Zentangle

Lunchtime Brown Bag Seminar – September 14, 2012

11:30 to 1:30 pm

Presented by Annie Reiser in GB 124 Outreach Classroom

Limited to 25 participants (send an email to [d.a.fisher@noaa.gov](mailto:d.a.fisher@noaa.gov) to register)

Finances, Sickness, Family Problems, Teenagers, Work, . . .  
Whatever your stress factor, you can learn to deal with it through the worldwide practice called “Zentangle”.

What is Zentangle? Basically doodling with a meditative slant. Did you know that you can relax and yet deliberately direct your attention? Maria Thomas and Rick Roberts are the founders of this newfangled doodling craze. You don’t have to be an artist to create intricate and decorative mini drawings with Zentangle’s simple repetitive strokes.

**Goal:** In this seminar I invite you to relax and focus as you express your style in creating decorative drawings that are simple to do but look amazing and complicated.

Like the challenges of life, we will engage in this challenge one stroke at a time. You will create at least one finished Zentangle, and learn to combine strokes in infinite ways to create your own.

The Zentangle approach provides a counterbalance to our technical world reminding us of the fundamental human drive to manipulate symbols and put marks on paper, stone, wood, clay, etc.

Deliberate but not pre-programmed, this method is limited only by your creativity.

## Please bring:

- Enthusiasm and your creative spirit – NO ARTISTIC SKILL NECESSARY

**The Boulder Labs Diversity Council will provide\*:**

- Black micron pen (size 005 and or 01). These are available at art stores like Art Hardware, Guirey’s, Michaels, etc.
- A soft graphite pencil; B2 or B3 hardness
- A couple sheets of blank paper for practice
- A blending tortillon (cardboard-like pencil) also at art stores OR a clean finger
- 3 Zentangle squares (3.5 x3.5 of archival watercolor paper)



\*You can purchase your own or in-class use of black micron pen, pencil, and tortillon.